



DBH Cultural Event Newsletter Editor: Minette O'Bryan January 2007

<http://www.diversityresources.com/intranet/index.htm>
<http://www.interfaithcalendar.org/2007.htm>
<http://www.web-holidays.com/calendar/>
<http://www3.kumc.edu/diversity/january.html>
<http://festivals.iloveindia.com/hindu-festivals.html>
<http://www.woodlands-junior.kent.sch.uk/Homework/religion/calendar.htm#jan>
http://www.vpcalendar.net/Holiday_Dates/2005_2010.html
<http://www.brownielocks.com/b3bcalendar.html?200701>
<http://www.iassw.org/calendar.htm>
http://en.wikipedia.org/wiki/List_of_holidays_by_country
<http://www.dom.com/about/education/culture/jan.jsp>
<http://www.portalsanmiguel.com/things-to-do/festivals.html>
<http://www.wheeloftheyear.com/>
<http://www.when-is.com/ashura.asp>

Soyala New Year Festival of purification & renewal (DEC 21st – JAN 9th): Hopi & Zuni. It concludes with dancing, rekindling of the chief kiva fire, & distribution of its coals to all homes.

January 1

Tewa Turtle Dance (JAN 1st – JAN 4th): Native American. Celebrates life & the 1st creation, when Sky Father embraced Earth Mother & all life was conceived.
<http://www.newworldrecords.org/linernotes/80301.pdf>
Emancipation Proclamation (1863): United States. On this date Abraham Lincoln issued the Emancipation Proclamation, freeing all slaves in territories of the Confederacy.

Independence Day: Haiti. This day commemorates gaining independence from France in 1804 as a result of the only successful slave revolt in history.

Last Day of Kwanzaa.

<http://web-holidays.com/kwanzaa/>

Founding Day: Taiwan. Founding of ROC on January 1, 1912.

Den obnovy samostatného českého státu (Restoration of the Czech Independence Day): Czech Republic. The independent Czech Republic was created in 1993, after dissolution of Czechoslovakia.

Deň vzniku Slovenskej republiky (Day of the Establishment of the Slovak Republic): Slovakia. Marks the day Czechoslovakia split into the Czech Republic & Slovakia.

Feast of Saint Basil: Christian, Orthodox.

Bishop of Caesarea, one of the most distinguished Doctors of the Church and a forefather of the Greek Orthodox Church. Born probably 329; died 1 January, 379. Patron of hospital administrators.

In many Greek homes, Vaseopita is baked on St. Basil's Day Eve (January 1st). It is served at midnight and a coin is hidden inside. Everyone get a slice including St. Basil and the poor. The person who get the piece with the hidden coin will have luck for the following year.

Mary, Mother of God: Catholic Christian. A celebration of the mother of Jesus.

Gantan-sai (New Years): Shinto.

New Year's Day: International. (Albania- Viti i Ri; Argentina, Chile, Mexico, Spain- Año Nuevo; Austria-Neujahr; Belgium: Dutch-Nieuwjaar, French-Nouvel An, German-Neujahr; Brazil-Confraternização Universal, Ano Novo; Bulgaria-Nova godina; Czech Republic-Nový rok; Denmark-Nytårsdag; Finland-Uudenvuodenpäivä; France-Jour de l'An; Germany-Neujahrstag; Hungary-Újév; Indonesia-Tahun Baru Masehi; Italy-Capodanno; Japan-Shōgatsu; Latvia-Jaunais Gads; Netherlands-Nieuwjaar; Norway-Nyttårsdag; Philippines-Araw ng Bagong Taon; Poland-Nowy Rok (Nowy Rok); Portugal-Ano Novo; Singapore-Tahun Baru; Slovenia-novo leto; Sweden-Nyårsdagen; Switzerland-Neujahr; Thailand-Wan Khun Pee Mai; Turkey-Yılbaşı; Venezuela-Día de Año Nuevo.)

New Year's Day is the only secular holiday that the entire world observes regardless of race or religious beliefs. It is based on the solar calendar established by Pope Gregory XIII in 1582 & adopted by most countries. However, the Orthodox Eastern churches continue to use the earlier Julian calendar with the New Year falling on January 14. Some cultural groups, including Jews, Chinese, Hindus, & Muslims, use a lunar calendar or some combination of a lunar & solar calendar. The date of the Chinese New Year may fall on any date between January 21 & February 19. For 2007, the Chinese New Year occurs on February 18 & the 1st day of the Jewish New Year begins on the 1st day of the month of Tishri, or sundown on September 12. Different cultures also count years from different starting points. For example, January 1 is year 2007 according to the Gregorian calendar, but falls in year 5767 according to the Jewish

calendar & in year 1427 according to the Islamic calendar.

FOOD AND DRINK

Albanian

Albanians bake lakror, a filo-based pie that can be stuffed with cheese, spinach, mushrooms, leeks, or other vegetables. A coin is put under the bottom layer of pastry. In the coming year, luck will follow the person who gets the piece with the coin.

Georgian

In the former Soviet Republic of Georgia, honey-coated nuts & honey-based candies & cookies are eaten as a sign of the sweetness of the year to come.

German

It's traditional to eat soup with slices of sausage to symbolize coins.

Greek & Bulgarian

A bread with a coin in it for New Year's Day, as well as a nut-studded cake called Vasilopeta, is made to honor St. Vasil, whose feast day falls on January 1. Another custom is to break a pomegranate on the doorstep. If it is full of seeds, the year will be prosperous and happy.

Japanese

Mochi, a sort of rice-based pancake that puffs up when it is cooked, is typical new year food. Other popular Japanese treats are fish loaf, oranges, chrysanthemum leaves, carp, & chestnuts.

Scottish & northern English. The first visitors of New Year's Day bring coal, bread, & salt to symbolize warmth, food, & health.

<http://www.web-holidays.com/newyears/>

January 2


Mendele Mokher Sforim (1835-1917): Jewish.

Writer, novelist, & one of the founders of modern Yiddish & modern Hebrew literature.


http://en.wikipedia.org/wiki/Mendele_Moykher_Sforim

Berchtoldstag (Saint Berchtold's Day):

Switzerland. Public holiday. This day honors Duke Berchtold V, who founded Bern, the capital of Switzerland, in the 12th century. According to legend, the Duke left on a hunting trip declaring that he would name the city for the 1st animal he killed, which was a bear, or Bär in German. The city was named Bärn, which later became Bern.

 **Kakizone (First Writing): Japan.** The New Year is celebrated by *Ist*. The 1st day of work, the 1st visit, etc. Kakizone is the 1st writing of the year. Celebrate by writing down a poem or story of your wishes for the new year on a crisp, clean white sheet of paper.


Ancestry Day: Haiti.

 **St. Macarius' Day.** Is the Patron saint of cooks, confectioners & pastry chefs. Macarius of Alexandria was born in the 4th century in Alexandria & died circa 401. He was a successful merchant in fruits, candies & pastries in Alexandria, Egypt. When he converted to Christianity he gave up his business to be a monk & lived as a hermit. After several years, he was ordained



among other monks practicing severe austerities.


Sugarplums during the time of Saint Macarius were various candied fruits. In Portugal, green plums are cooked in sugar syrup to celebrate his feast day.

 **San Silvestro Celebration: Sicily, Italy.** Celebrating Silvestro, patron saint of the Sicilian village of Troina, a monk renowned for his generosity & miracles. Legend has it that Silvestro spent the last years of his life meditating & praying in a cave not far from the monastery where he was abbot. His body was found miraculously intact in 1400 by a group of local herdsmen & this was interpreted as a divine act. In the very same spot where the cave once was, local villagers built a church to commemorate Silvestro, who later became the patron saint of the tiny Sicilian village. The climax of the celebration is the throwing of nuts from the church tower, representing good health & harvesting.


January 3

Lucretia Coffin Mott (1793-1880): American.

Teacher, minister, anti-slavery leader, helped found women's rights movement.

 **Hero's Day: Haiti.** Honors the Haitians' ancestors. It is also known as Ancestry Day.

 **New Year's Day: Gibraltar.**

 **Mahayana (Buddhist New Year): Buddhist.**

January 4


Louis Braille (1809-1852): French. Educator.


Blinded in an accident at the age of 3, Braille attended the Institution Nationale des Jeunes Aveugles (National Institute for Blind Youth) in Paris on a scholarship & began teaching there in 1826. While still a student he became interested in a form of writing that used raised dots to encode a message. He developed this idea into a complete writing system that bears his name, a series of arrangements of 6 dots. Braille's writing system, published in 1829, has become the most widely used form of writing for the blind.

C[yril] L[ionel] R[obert] James (1901-1989):

Trinidadian. Historian, literary critic, & philosopher.

The writings of C.L.R. James include one of the 1st novels written in English in the West Indies (*Minty Alley*, 1927), but James' most significant achievements were as a leader of the Pan-African movement. In his writings (*World Revolution*, 1937, *A History of Negro Revolt*, 1977, for example) & in his work as a teacher in England, the US, & his native Trinidad, he articulated & encouraged the aspirations of African peoples for freedom from colonial rule. Eric Williams of Trinidad & Kwame Nkrumah of Ghana were among the many political leaders influenced by James' thought.

 **Jacob Grimm (1785-1863): German.** Librarian, mythologist, & philologist, co-author of Grimm's Fairy Tales. http://en.wikipedia.org/wiki/Jacob_Grimm

 **Lut lat yay nei (Independence Day): Myanmar.** Marks independence from Great Britain in 1948.

Elizabeth Ann B. Seton Feast Day: Roman Catholic. This feast honors the 1st American-born saint & founder of the American Sisters of Charity, the 1st American order of Roman Catholic nuns.

January 5

Alvin Ailey (1931–1989): African-American. Dancer & choreographer. As founder, director, & principal choreographer of the Alvin Ailey American Dance Theater (established in 1958), he blended elements of classical ballet, Afro-Caribbean dance, jazz, & modern dance. He received his greatest acclaim for works that vividly & eloquently evoked the historical experience of African Americans, including the exuberant ensemble piece *Revelations*, with a score drawn from spirituals. Tours sponsored by the State Department brought Ailey's company an international following.

George Washington Carver (1864–1943): African American. Scientist. This day marks the anniversary of Carver's death. As director of the department of agricultural research at Tuskegee Institute in Alabama from 1896, Carver developed hundreds of new uses for common agricultural products, including the peanut, sweet potato, & soybean. His research provided the foundation for the change in the economy of the South from dependence on a single crop (cotton) to a more diversified base.

Nellie T. Ross: Inauguration anniversary. 1st woman governor in U.S. (Wyoming, 1925).

Guru Gobind Singh Ji's Birthday (1666–1708): Sikh. This celebrates the birth of the Sikhs' 10th great master & teacher, who sought to abolish the caste system in India by creating a single community. Guru Gobind Singh Ji's birthday is celebrated on this date according to the Nanakshahi calendar, introduced in 1999 & officially approved by the Sikh clergy in 2003, which converts Sikh holidays from their traditional Bikrami lunar dates to fixed dates based on the Gregorian solar calendar.

Twelfth Night: Christian. 12 days after Christmas is known as Twelfth Night or Epiphany & in Latin countries it is Dia de los Reyes Magos. It was on this night that the 3 kings made it to Bethlehem to present their gifts to the newborn Jesus--gold, frankincense & myrrh.

In Latin countries, on January 5th the 3 wise men are added to the nativity scene & children leave their shoes by the door & hope for fruits, candy, & trinkets to be left inside them by the Wise Men. Some countries give presents on this day rather than on Christmas Day. In Mexico, la Rosca de Reyes, a sweet circular cake is served with a doll baked inside representing the baby Jesus (similar to the Mardi Gras Kings Cake) and is served with hot chocolate. The person who finds the baby in their slice is to host the forthcoming celebration Candelaria or Candlemas on February 2nd. It is on Candlemas that the nativity scene and all the Christmas decorations are put away.

January 6

Zora Neale Hurston (1891–1960): African American. Author & folklorist. Hurston spent years collecting folklore among the Black people of the rural South & celebrated their culture in her stories & novels. Her best known work is the novel *Their Eyes Were Watching God*. Born in the all-black town of Eatonville, Florida, she left Eatonville in 1917 to attend Morgan Academy in Baltimore, where she completed high school. She then attended Howard Prep School & Howard University & earned an associate's degree. She completed her undergraduate education at Barnard College & studied under the well-known anthropologist Franz Boas. While in New York, Hurston became a part of the Harlem Renaissance literary circle that included Langston Hughes, Wallace Thurman, & Jessie Fauset. She became well known not only for her writing, but also for her outspokenness, her distinctive way of dress, & her refusal to be ashamed of her culture. Hurston was a pioneer in the study of African American folklore. For her folklore writings, she traveled "down South," to the Caribbean & Latin America. Her most active years were the 1930s & early 1940s. During that time she was awarded a Guggenheim Fellowship, joined the Federal Writers Project in Florida, published four novels & an autobiography, & worked as a story consultant for Paramount Pictures. Since 1989, there has been an annual festival in her honor in Eatonville. For more information, contact The Association to Preserve the Eatonville Community, Inc., 227 East Kennedy Blvd., Eatonville, FL 32751, Tel. No. 407-647-3307.

Danny Thomas (1914–1991): Arab American. Actor, comedian, & television producer. Born Muzyad Yahkoob in Deerfield, Michigan, he was a comedian & actor, & one of the best known Lebanese Americans. He starred in the television show *Make Room for Daddy* & in the 1953 remake of the movie, *The Jazz Singer*. Later he became a successful television producer. In the 1950s, he protected 2 black-listed writers who continued to write for his television series under assumed names. Known as a philanthropist, Thomas founded the St. Jude Children's Research Hospital in Memphis, Tennessee in 1962, for which he was awarded the Congressional Gold Medal.

Epiphany Fair: Italy. Epiphany celebrations are traditional throughout Italy's regions, but Rome caps off the 12th-night of Christmas. The fair takes place at Piazza Navona, site of the Bernini Fountains. Candy, toys & other delights are presented to children. Some Italians still save their holiday gift exchange for this special night.

La Befana: Italy. It is one of Italy's oldest & most celebrated legends. Each year on January 6 the children of Italy awaken in hopes that La Befana has made a visit to their house. This is a significant day to Italians because it marks the end of the Christmas season



& the day that the 3 Wise Men arrived at the manger of the Christ child. As legend has it the 3 Wise Men were in search of the Christ child when they decided to stop at a small house to ask for directions. Upon knocking, an old woman holding a broom opened the door slightly to see who was there. Standing at her doorstep were 3 colorfully dressed men who were in need of directions to find the Christ child. The old woman was unaware of who these 3 men were looking for & could not point them in the right direction. Prior to the 3 men leaving they kindly asked the old woman to join them on their journey. She declined because she had much housework to do. After they left she felt as though she had made a mistake & decided to go & catch up with the kind men. After many hours of searching she could not find them. Thinking of the opportunity she had missed the old woman stopped every child to give them a small treat in hopes that one was the Christ child. Each year on the eve of the Epiphany she sets out looking for the baby Jesus. She stops at each child's house to leave those who were good treats in their stockings & those who were bad a lump of coal.

<http://www.italiansrus.com/articles/befana.htm>

<http://www.zuzu.org/italy.html>

<http://christmas-world.freemembers.com/italy.html>

<http://www.initaly.com/regions/xmas/xmas.htm>

<http://www.fabrisia.com/befana.htm>

http://www.internet-at-work.com/hos_mcgrane/holidays/2_giulia.html

<http://towerofbabel.com/sections/ourmaninhavana/ourwomanitaly/marialamkin/befana/english/>

Christmas: Armenian Apostolic Church.

Christmas: Armenian Apostolic Church. The Armenian Apostolic Church, also known as the Armenian Orthodox Church, has one of the oldest traditions in the Christian world. In the early 4th century, Armenia became the 1st country to accept Christianity as a state religion. In A.D. 506, the Armenian Apostolic Church broke from the Eastern Orthodox Churches, becoming one of the original Oriental Orthodox Churches. The Armenian Church follows the Western Gregorian calendar, but with some variations. The birth of Jesus is celebrated on Epiphany rather than on December 25. In the original Christian tradition, the feast of Epiphany celebrated 3 events that revealed God to mankind: the nativity, the visit of the 3 Magi, & the baptism of Christ. However, in the 4th century, the Roman Church adopted December 25 as the new date to celebrate the nativity. The Armenian Apostolic Church is the only Christian church that still celebrates the nativity on Epiphany, its original date of celebration.

FOOD AND DRINK

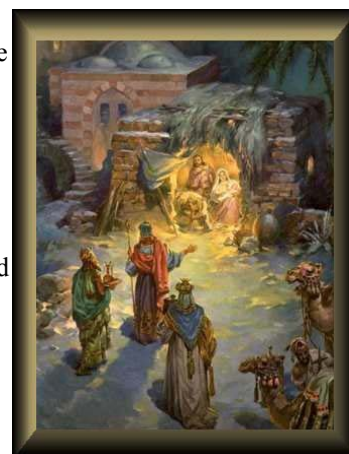
Armenians make a pudding of chickpeas, wheat berries, nuts, dried fruit, & pomegranate seeds for Christmas. The ingredients, which vary depending on the fruits & nuts available, are said to recall the supplies remaining when Noah sighted dry land, thought to be in what is now Armenia. Realizing he would no longer have to stay

afloat, Noah used up his supplies to make a celebratory pudding. Similar dishes are also made in Muslim communities at festival times such as Muharram.

Epiphany: Christian.

12 days after Christmas the 3 kings arrived in Bethlehem with gifts for the baby Jesus. Called Twelfth Night in English, it was once celebrated throughout Europe with feasts & frolics. In England today old traditions are reviving in Twelfth Night parties marking the end to the Christmas season. In Spain, Mexico, & other Latin countries it is called

Día de los Tres Magos or simply *Tres Reyes*. Like Jesus, children receive gifts on this day rather than Christmas Day, & families celebrate with big meals, often with specialties such as roast sucking pig. Many countries follow the ancient tradition of baking a cake or bread that conceals a trinket. The person who is served the piece with the trinket is treated as King or Queen for the day. Cakes differ regionally. In Spain the cake is *roscon des reyes*, literally, "big doughnut of the kings" because the large cake, flavored with orange-flower water & decorated with sugar & fruits, is shaped like a doughnut. In Portugal, a similar cake is called *bolo do rey*, King Cake. Southern France has a crown-shaped cake decorated with jewel-colored crystallized fruit. In Paris, however, they make *Galette des Rois*, a puff pastry tart filled with almond *frangipan*. It is brought to the table decorated with a paper crown. As each piece is cut, a child hidden under the table calls the name of the guest to whom it should be served, so there can be no favoritism about who gets the trinket. The person who receives it also gets the crown, & as King or Queen, the right to be indulged for the rest of the day. In the US these traditions thrive in the King Cake of Louisiana, a cinnamon-flavored oval braid that appears around January 6th & plays a starring role at parties during the pre-Mardi Gras season. Indeed, most office-workers bring in a King Cake every Friday. The person who gets the trinket, traditionally a bean or pecan, now a plastic baby, has to provide the King Cake for the next party. Traditionally King Cake was simply decorated with sugar in the Mardi Gras colors of purple, signifying justice, green for faith & gold for power. Now, bakeries offer toppings such as blueberry, lemon & German chocolate so the colored sugar is often less dominant. This Christian holiday commemorates the visit of the 3 kings to the infant Jesus. In many Catholic countries this is the time for Christmas fun, Christmas itself being lower key & more religious. Since the Three Kings brought gifts, people exchange presents & children often get large piles of toys.



FOOD AND DRINK

Argentinean, Guatemalan, and other South American

Generally, beef is served in casserole form. In Hispanic countries, roast suckling pig is a favorite luxury at Epiphany, in Mexico, a leg of pork or a whole suckling pig (generally weighing between 12 & 15 pounds) is often the choice for the celebratory dinner. Many Hispanic people eat a special cake for the new year, usually spiced, in which they bury coins or charms. The lucky person who gets the gift is guaranteed a prosperous year. Roscon de reyes, a sweet yeast-raised cake with candied peels & fruits, is a traditional Spanish favorite. Mexicans make a variation on this—rosca de reyes, a doughnut-shaped cake served in slices with hot chocolate. Like many similar cakes, it has a small baby Jesus in it. Whoever gets the baby is lucky, but must also invite those present to a February party at which tamales are served. The gift inside is called a *muñeca* & whoever gets it is termed *El Niño Bonito* — "the beautiful child."

Filipino

(In the Philippines, Epiphany is sometimes called Elder's Christmas in honor of the wisdom of the Three Kings.) The meal centers on roast young pig with rice & vegetables, followed by an array of cookies & baked goods & fruit. Another festive dish is a whole boneless chicken stuffed with seasoned ground pork & hard-boiled eggs. Filipinos have the hospitable late-afternoon custom called merienda at which many sorts of small dishes & snacks are served to family & guests. At Epiphany, when people pay a lot of visits, this custom is especially important. The selection of items offered ranges from sweet items such as little cakes & buco, a sweet coconut dessert, to savory items such as tapa, a homemade beef jerky made from dried, paper-thin slices of beef flavored with garlic & ginger, fritters of shrimp with sweet potatoes, and lumpia, which are egg rolls filled with pork, chilies, & vegetables. There may also be large pots of stew or seasoned seafood, so these "snacks" often do duty for supper as well.

French & French-speaking Caribbean

There are many sorts of king cakes, called gateaux des rois or galette des rois, sometimes made in the shape of a crown & containing a dried bean or a small china baby Jesus. The one who gets the bean is the king or queen of the feast.

Puerto Rican, Jamaican, Guyanan, & other Caribbean & Central American

It's customary to have drinks & snacks—both local specialties as well as common chips & dips from the market—to entertain guests. Meat—especially pork & beef—and cheese, cookies, fruit, dried fruits, & nuts are all typical holiday foods.

<http://www.cresourcei.org/cyl2days.html>

🕒 **Día de los Tres Magos (Three Kings Day): Puerto Rico.** This traditional holiday corresponds to the Christian Feast of Epiphany. It commemorates the arrival in Bethlehem of the 3 kings, or Magi. Traditionally,

children leave straw or grass under their beds & find a gift in its place in the morning.

🕒 **Feast of the Theophany: Orthodox Christian.** Feast to recall the revelation of the Holy Trinity in the baptism of the Lord.

January 7

🕒 **Marian Anderson** became the 1st African-American to sing at the Metropolitan Opera today in 1955.

🕒 **Nanakusa, 7th-century Japanese.** Nanakusa refers to Seven Herbs. During the Heian period (794-1192 A.D.) nanakusa-gayu a rice, herb porridge was served on the morning of January 7. It was believed that these herbs would remove evil from the body & prevent illness. Many people still consume this on January 7th. <http://www.answers.com/topic/nanakusa-no-sekku>

🕒 **Christmas: Coptic Orthodox Christian, Eastern Orthodox Christian, Rastafarian.** Christmas is celebrated on this date, set according to the Julian calendar, by several Eastern Orthodox Christian communities (e.g., Russian Orthodox Christians).

In the Russian Orthodox calendar, January 7 is Christmas Day. Having plenty of food, including a large beef or pork roast or turkey, is traditional in Russia, but since Easter is the most important Orthodox holiday, there are few special Christmas dishes besides kasha (buckwheat), which is eaten on all holidays; a compote of dried fruits; & a rice pudding made with milk, almonds, and raisins. In countries that observe Eastern Orthodox Christmas, New Year's Day is celebrated on January 14.

During the Soviet era, religious holidays per se were frowned upon. Instead there was a prolonged winter festival that continued from late December through January 1, & on into the Eastern Orthodox Christmas. This tradition remains.

FOOD AND DRINK

Russians celebrate with parties where vodka flows freely & the table is set with many salads & meat dishes. Whole roast birds, especially turkey or chicken, are common, as is koluptse, cabbage stuffed with a flavored meat mixture. 2 salads that appear at every Russian festival are a meat salad & a herring salad. The meat salad, called *Salad Olivier* after the 19th century chef who invented it, is made of canned peas, cubed boiled carrots, cubed boiled potatoes, pickles, onions, & cubes of lean ham or a sausage such as kielbasa. The herring salad, called "fish under a fur wrap," consists of salted herring covered with layers of potatoes, carrots, boiled eggs, & onions. The 2 final layers are boiled beets & mayonnaise. The salad is decorated & refrigerated so that the beet juice colors the mayonnaise.

🕒 **The Nativity of Jesus Christ: Christian, Orthodox.** Christmas celebration of those Orthodox Christians who follow the Julian calendar.



Ganna: Ethiopia. Ethiopia is in the eastern part of Africa, west of Somalia, Djibouti, & Eritrea. Its other neighbors are Kenya & The Sudan. It is one of the oldest Christian nations, having been converted in 330 A.D. Ganna or Christmas is celebrated on January 7 in accordance with the calendar of the Coptic Church. Leading up to Ganna is a 40 day period of fasting & spiritual preparation that ends when everyone attends a Ganna morning Mass. It's a very bright ceremony since it is customary to wear white to the Mass. Following ancient tradition, each person enters the church carrying a candle which they light when they get inside. After circling the inside of the church 3 times they take their place & stand (there are no seats in Ethiopian churches) for what is usually a 3 hour service. Ganna is a religious day & a family day where little thought is given to commercial aspects of the holiday. Gift-giving is an insignificant part of the Ganna celebration however young children often receive clothing and sometimes a small toy. The food for Ganna dinner includes *injera*, a sourdough pancake bread that is easily cooked over an open fire. *Doro wat*, a spicy chicken stew, is usually the main course. Bits of injera are broken off to scoop up the stew & other parts of the feast. The season continues through *Timket* or Epiphany, a 3-day holiday that begins 2 weeks after Ganna to celebrate the baptism of Jesus & St. Michael.

Baptism of the Lord Jesus: Christian.

January 8

Elisabetta Sirani (1638-1665): Italian. Renaissance artist, founder of an art school for women, her 1663 work of Virgin & Child was a 1994 U.S. holiday stamp.

<http://www.nmwa.org/collection/profile.asp?LinkID=417>

Lorna Elizabeth Lockwood became the 1st female state supreme court chief justice today in 1965 for the state of Arizona.

Seijin No Hi: Coming of Age Day): Japan. Coming of Age Day, or "Seijin-no-hi" held on the 2nd Monday in January, is a national holiday in honor of all those who have their 20th birthday during the school year, which runs between April & the following March. In Japan, the age of 20 is regarded as the age at which young people attain the responsibility & status of adulthood, & they are allowed to smoke, drink, & vote after reaching this age. Cities, towns & villages hold special celebrations which the new adults attend dressed in their best, the men in suits & the women in kimono called "furisode".

http://en.wikipedia.org/wiki/Seijin_shiki

<http://tanutech.com/japan/seijin1.html>

Eugenio Maria de Hostos' Birthday (1839-1903): Puerto Rico. This public holiday commemorates the birth of Eugenio Maria de Hostos a patriot, distinguished scholar, & writer of works ranging from treatises on law to children's stories. Eugenio Maria de Hostos spent most of his life in exile, working as a university teacher & leading educational reform efforts in the Dominican Republic & Chile. He traveled widely to promote

cooperation among Latin American countries & advocate freedom for Puerto Rico & Cuba.

January 9

Carrie Lane Chapman Catt (1859-1947):

American. Women's rights leader, founded National League of Women Voters in 1919.

Hayyim Nachman Bialik (1873 - 1934): Jewish.

Writer, [Mi-pi Byalik] major figure in the *haskalah* (Jewish renaissance).

Martyrs' Day: Panama. Public holiday. This marks the January 9, 1964 riots over sovereignty of the Panama Canal Zone. After 3 days of fighting, about 22 Panamanians & 4 U.S. citizens were killed. The incident is considered to be a significant factor in the U.S. decision to transfer control of the Canal Zone to Panama through the 1977 Torrijos-Carter Treaties.

January 10

Dean Dixon (1915-1976): African American.

Orchestra conductor. Although recognized as one of the finest American conductors of his generation, Dixon was blocked by racial prejudice from obtaining a regular conducting position in the US. He spent much of his professional life in Europe, where he conducted nearly every major orchestra on the continent & served as principal conductor of the Goteborg (Sweden) Symphony & later of the Hessian Radio Symphony in Frankfurt, Germany.

http://en.wikipedia.org/wiki/Dean_Dixon

January 11

Carlo Tresca (c. 1882-1943): Italian

American. Journalist & human rights activist.

He was a lifelong crusader for social & economic justice & individual rights. After his opposition to the powerful political leader of his southern Italian town brought him a conviction for libel, he fled to the US, where he continued to speak out as editor of radical Italian newspapers, 1st in Philadelphia & then in New York. Gentle & courtly in person, he was an outspoken foe of Fascism in Germany & Italy & of Communism in the Soviet Union. He was assassinated by an unknown gunman on this date in 1943.

Eugenio Maria de Hostos (1839-1903): Puerto

Rico. Educator, writer, & patriot. A distinguished scholar & a writer of works ranging from treatises on law to children's stories, Eugenio Maria de Hostos spent most of his life in exile, working as a university teacher & leading educational reform efforts in the Dominican Republic & Chile. He traveled widely to promote cooperation among Latin American countries & advocate freedom for Puerto Rico & Cuba.

http://en.wikipedia.org/wiki/Eugenio_Mar%C3%ADade_Hostos

Independence Manifesto Day: Morocco. Public holiday.



🌐 **National Unity Day: Nepal.** This celebration pays homage to King Prithvinarayan Shah (1723–1775), founder of the present house of rulers of Nepal & creator of today's unified Nepal.

🌐 **Kagami-biraki (The opening of New Year's rice cakes): Japan.** In Japan kagami-mochi (2 round, flat rice cakes) are displayed in an alcove on the New Year. On Kagami-biraki (January 11th) they are taken down & eaten. By this time the kagami-mochi have hardened & cracked. They are a good luck charm so they are not cut with a sharp object rather it is opened by hand or with a hammer. Kagami-biraki literally means opening the mirror. Although nowadays this is a traditional decoration the kagami-mochi was originally an offering to the year god.

January 12

🌐 **Helen Haje (1929?–1998): Arab American.** Public relations activist. Sometimes referred to as the "mother of Arab American organizations in the US," this daughter of Lebanese immigrants grew up in Altoona, Pennsylvania. Mother of 3 children, Haje left Altoona in the early 1940s after her husband died & moved to Washington, D.C., to work for Catholic Charities. Becoming increasingly concerned about the negative image of Arabs among the American public, in 1972 she joined the National Association of Arab Americans, the 1st political Arab American organization, as its 1st executive secretary. She continued her work to champion Arab American interests in the US until her death.

🌐 **Mordecai Johnson (1890–1976): African American.** University president. In 1926 this 36-year-old Baptist minister became the 1st African American president of Howard University in Washington, D.C. The 30 years of his presidency saw the transformation of the institution to a distinguished university with a faculty tripled in size, a law school distinguished for its leadership in the field of civil rights, and a multimillion dollar campus. Johnson also served on numerous government commissions & advisory boards.



🌐 **José Limón (1908–1972): Mexican American.** Dancer & choreographer. Soon after his debut as a performer with Doris Humphrey's modern dance troupe, Limón began creating his own dances, many of them drawing on the traditional dances he had seen as a boy in Mexico. His greatest works, including *The Moor's Pavane*, based on Shakespeare's tragedy *Othello*, are distinguished for their combination of emotional expressiveness & formal elegance. Limón's dance troupe was the 1st to be sent abroad on a tour sponsored by the U.S. Department of State's cultural exchange program.

🌐 On this date in 1932, **Hattie Ophelia Wyatt Caraway** became the 1st woman elected to U.S. Senate.

January 13

🌐 **Ernestine Potowski-Rose (1810–1892): Polish American.** Orator & political activist. After immigrating to the US in 1836, Potowski-Rose gave her energies to the economic emancipation of women, the abolition of slavery, & the improvement of conditions for working people. Her 1st political success was her leadership of the 12-year campaign to secure property rights for married women in New York State. Her efforts led to the state legislature's passage in 1848 of the Married Women's Property Act, the 1st law in the US to give married women the right to control their own property & share legal guardianship of their children.

🌐 **Charlotte Ray (1850–1911): African American.** Lawyer. While working as a teacher in the teacher-training program at Howard University, Charlotte Ray began studying in that university's law department. Soon after her graduation in 1872 she was admitted to the District of Columbia bar, becoming the 1st African American woman lawyer in the US & the 1st woman to practice in the District of Columbia. Although she was admired by colleagues, she had to give up active practice when the prevailing prejudices of the day made it impossible for her to obtain sufficient legal business.

🌐 **St. Knut's Day: Sweden.** The Christmas season in Sweden doesn't officially end until St Knut's Day on January 13. This is because King Knut (who ruled Sweden from 1080-1086) decreed that Christmas should be celebrated for 20 days. Christmas trees are taken down on this day & the candies & cookies that decorated the tree are eaten to signify the end of festivities.

<http://www.web-holidays.com/christmas/articles/a3.htm>

🌐 **Silvester-klause, Switzerland.** Helps the people in some parts of Appenzell celebrate the New Year, according to the old Julian calendar.
http://www.swissinfo.org/eng/politics/detail/Ushering_in_the_8220_old_8221_New_Year.html?siteSect=111&sid=543948&cKey=979569180000

🌐 **Maghi: Sikh.** Sikh commemoration of a battle in which forty Sikhs died for Guru Gobindh Singh Ji.

🌐 **Lohri: Buddhist, Hindu, Sikh.** Is a festival connected with the solar year. Generally, it is an accepted fact that this festival is to worship fire.
<http://festivals.iloveindia.com/lohri/>

🌐 **Makra Sankrant or Makar Sankrant: India.**

A festival in India that celebrates of the coming of longer days. Special sweets & cakes are made & they all contain sesame seeds & brown sugar, making this festival particular popular with children! Small silk bags containing sesame seeds mixed with brown sugar are offered to friends with this greeting: "Eat this sweet sesame & speak sweetly to me", with the intention that there will be no quarreling throughout the year.

In Gujarat kites are flown by everyone.

In Punjab, this festival is called *Lohri*. Families gather around a bonfire & feast & dance. Sugarcane, rice & sweets are tossed into the fire for the Sun God.

In southern India the festival is known as *Pongal* & lasts

for 3 days. Day 1 boiled rice is offered to the Rain God, day 2 the same is offered to the Sun God & on day 3 the family cattle are bathed & dressed with flowers & bells.
<http://www.bawarchi.com/festivals/sankranti.html>

January 14

John Dos Passos (1898–1976): Portuguese American. Writer. An important novelist of the period between the 2 world wars, Dos Passos is best known for his trilogy *U.S.A.* (1930–1936), a set of 3 novels in which he depicted the US as "two nations," one of the privileged & one of the powerless.

Carlos P. Romulo (1899–1985): Filipino. Diplomat, author, & educator. After an early career in journalism, Romulo received a commission in the U.S. Army when the US entered World War II. He spent the war working on the staff of General Douglas MacArthur & in the Philippine government in exile in Washington, & participated in the liberation of Manila in early 1945. For the remainder of his career he served in diplomatic positions: as representative to the United Nations, ambassador to the US, secretary of foreign affairs, minister of education, & president of the University of the Philippines. He also wrote a number of books on history & public affairs.

New Year: Eastern Orthodox Christian. This date marks the observance of New Year's Day according to the Julian calendar by several Eastern Orthodox Christian Churches (e.g., Russian, Serb, & Ukrainian Orthodox Churches).

January 15

Martin Luther King Jr. (1929–1968): African American. Civil rights leader. He gained national prominence during the Montgomery, Alabama, bus boycott of 1955–1956 & soon became the acknowledged national leader of the growing movement to obtain civil rights for African Americans. His commitment to nonviolence, his courage, & the moral power of his vision, eloquently expressed in masterful oratory & writings, won him the Nobel Peace Prize in 1964. Toward the end of his life King became convinced of the interrelatedness of all forms of social, economic, & military oppression, & broadened the sphere of his activism. He spoke out against U.S. involvement in the war in Vietnam & was preparing to lead a massive Poor People's March on Washington when he was assassinated in Memphis on April 4, 1968, while helping to organize the city's sanitation workers.

Martin Luther King Jr. Day: United States. National observance of Dr. King's birthday. In 1983, the 98th Congress passed Public Law 98-144 to honor the birthday of Martin Luther King, Jr. This was 1st celebrated as a Federal legal holiday on January 20, 1986 & has been observed on the 3rd Monday of January since that time. Congress' intention was that the holiday "serve as a time for Americans to reflect on the principles of

racial equality & nonviolent social change espoused by Martin Luther King, Jr." (36 USC, Section 169j).

<http://www3.kumc.edu/diversity/national/kingday.html>

Pongal: India. It is one of the most celebrated harvest festivals of South India, mainly Tamil Nadu, Andhra Pradesh & Karnataka. Pongal Festival falls in the month of Shravan



(January) after the winter solstice & marks the auspicious beginning of Uttarayana, the Sun's movement northward for a 6 month period. There are several ways of calculating the Hindu solar calendar, so Pongal date may vary by up to one day in various parts of India depending whether local custom dictates the use of the old or new Hindu calendar or astronomical tables. The festival is celebrated for 4 days. Pongal in Tamil literally means, "boiling over" and represents plentiful & excess yield. The Tamil harvest festival is celebrated with decorated cows, processions and decorative Rangoli. Pongal is a sweet porridge made from newly harvested rice and eaten by all, even the animals. Each day of this festival has a special significance, however, it is celebrated more grandly in the villages, while the city folk mainly celebrate on the 2nd day only. On, the 1st day, Bhogi, the old clothes & materials are thrown away & fired, marking the beginning of a new life. The 2nd day, the Pongal day, is celebrated by boiling fresh milk early in the morning & allowing it to boil over the vessel - a tradition that is the literal translation for Pongal (in Tamil). People also prepare savorys & sweets, visit each other's homes, & exchange greetings. The 3rd day, Mattu Pongal, is meant to offer thanks to the cows & buffaloes, as they are used to plough the lands. Jallikattu, a violent taming the bull contest, marks this day. On the last day, Kanum Pongal, people go out to picnic. During the Pongal season, people eat sugar canes & decorate the houses with Kolam. Even though Pongal was originally a festival for the farming community, today it is celebrated by all. Coinciding with Makara Sankranti & Lohri of the north, it is also called Pongal Sankranti & thus celebrated in some form in various parts of India.

<http://www.pongalfestival.org/the-harvest-festival.html>

Feast of the Black Christ: Catholic. Originated in Guatemala & celebrated by Catholics in Central America & the Caribbean & immigrants & African-Americans in the U.S. Pilgrims travel to the Church of the Black Christ of Esquipulas annually during the week leading up to the feast. a/k/a Feast of Christ of Esquipulas, Fiesta Del Senor de Esquipulas.

January 16

Ruhiyyih Rabbani (1910–2000): Baha'i. Religious Leader. She became a prominent leader of the Bahai faith after the death of her husband, Soghi Effendi Rabbani, the last official leader of the faith. Since his death, the Baha'is have been governed by a legislature. Mrs. Rabbani was a member of the "nine hands" who

oversaw the affairs of the Baha'i community & interpreted matters of faith. This is the day of her death.

Hiram Revels (1822–1901): African American.

Legislator & university president. In 1870 Revels became the 1st African American elected to the US Senate when he was chosen to fill the Mississippi seat vacated by Jefferson Davis. After serving his term in the Senate, he became president of Alcorn University in Mississippi. He died on this date.

St. Priscilla's Day. Martyr of Rome & patron saint of widows. She was the wife of Manius Acilius Glabrio & mother of the Roman Senator St. Pudens. Emperor Domitian put her husband to death, probably because she was a Christian. Tradition declares that she allowed St. Peter to use her home on the Via Salaria as the headquarters for his missionary endeavors in the Eternal City. The catacombs which stretch beneath her home were named after her.

January 17

Pablo Manlapit (1891–1969) :

Filipino. Labor leader. A worker who came to Hawaii at the age of 19 to work on sugar plantations, Manlapit was discharged from his 1st job for involvement in labor organizing. While working as a janitor in a law office, he studied for a law degree, eventually becoming the 1st Filipino to pass the bar examination in Hawaii. Rather than practicing law, he resumed his efforts to organize unions that would press the powerful Hawaiian Sugar Planters Association (HSPA) for improvements in the harsh living & working conditions of laborers, most of them Filipinos & Japanese. He succeeded in building a united movement, but the HSPA repeatedly thwarted the workers' efforts, breaking strikes & using the resulting violence to charge Manlapit with criminal activity. He was permanently deported to the Philippines in 1935.



Blessing of the Animals (Saint Anthony's Day): Hispanic Catholic Christian. In Mexico people take their animals to be blessed at the Church of San Antonio & other churches throughout Mexico.

January 18

Daniel Hale Williams (1858–1931): African American. Surgeon & hospital administrator. After founding Provident Hospital in Chicago to provide a medical center open to doctors of all races, Williams made medical history in 1893 by performing the 1st successful heart operation on record.

Robert Clifton Weaver anniversary, 1st African-American U.S. Cabinet Member in 1966.

Revolution Day: Tunisia. Public holiday. Also known as Remembrance Day, this commemorates the nationalist movements that led to Tunisia's gaining independence from France in 1956 & the abolishment of the monarchy in 1957.

Week of Prayer for Christian Unity: Christian. 18th-25th

January 19

Edgar Allan Poe (1809-1849): American. Poet, short story writer, editor, critic & one of the leaders of the American Romantic Movement.

[*The Raven, The Purloined Letter*].

<http://www.poemuseum.org/>

http://en.wikipedia.org/wiki/Edgar_Allan_Poe

Martyr's Day: Azerbaijan. Commemorates Black January (1990) when Soviet troops entered Baku & killed more than 180 civilians. Also victims of the Nagorno-Karabakh War (1988) are remembered.

Epiphany: Coptic Orthodox Christian, Eastern Orthodox Christian. This day commemorates the visit of the 3 kings, Magi, to the infant Jesus. Coptic Orthodox Christians & several Eastern Orthodox Churches celebrate this holiday on this day based on the Julian calendar.

January 20

St. Sebastian Day. Patron of archers, athletes, & soldiers and is appealed to for protection against plagues.

[http://www.web-](http://www.web-holidays.com/calendar/january/0120.htm)

[holidays.com/calendar/january/0120.htm](http://www.web-holidays.com/calendar/january/0120.htm)

Rosh Chodesh: Jewish. In the evening women gather to celebrate the feminine aspect of the one universal Deity.

Hijra: New Year: Islam.

January 21

Our Lady of Altagarcia: Dominican Republic. Public holiday.

Muharram (moo-hah-ram) (New Year):

Islam. This begins the new year 1428 based on the Islamic lunar calendar. The Islamic lunar calendar dates from the *Hegira*, the migration of the Prophet Muhammad from Mecca to Medina in A.D. 622. Years in the Islamic lunar calendar are designated as *anno Hegirae*, abbreviated "A.H." Since Islamic holidays are based on the lunar calendar, Eid al-Fitr may occur twice in the same year. Muharram is the 1st month of the Muslim year. The 10th day is the anniversary of the murder of the Prophet Mohammed's son-in-law, Ali, & his grandson, Imam Hussain. Shia Muslims, the minority, keep this as a day of mourning, a practice shared by Sunni Muslims in countries such as Turkey, Pakistan, northern India and southern Lebanon, where the Prophet's family is venerated, Rambunctious new year festivities are precluded, but nonetheless, sweet foods are prepared for guests and sent as gifts to neighbors. Many countries have traditional dishes made at this time of year. In Turkey, for example, the day is celebrated as the anniversary of Adam's first meeting with Eve & the day when Noah realized the flood was subsiding. Asure (pronounced ash-or-a), a mixture of

wheat berries with chickpeas, raisins, and nuts, is always made for this time of year. All the festive dishes at Muharram are confections or desserts rather than main dishes.

FOOD AND DRINK

In Afghanistan & northern India, sweet dishes of rice or thin vermicelli cooked in milk & flavored with saffron, rose water, pistachios, & cardamom are served throughout the month of Muharram & on other festive occasions. Any sweet dessert is an appropriate gift. Muslims do not drink alcoholic beverages.

In India, Muslims make *zarda* or *meetha pullao*, a dish of basmati rice with raisins, saffron, cardamom, & cloves.

In some countries, including Iran, rice is cooked with green herbs, the green ensuring a happy year ahead. In Pakistan & Bangladesh, sweetened yellow lentil dishes are eaten to symbolize the hope for happiness and fertility. Similarly, yellowed pilafs & puddings of rice with saffron, or less expensive turmeric, are popular. Another popular New Year's rice dish in the Middle East is *roz bil shaghria*, rice mixed with chickpeas and vermicelli. The vermicelli symbolizes long life, that one's employment will be prolonged, or that one will beget many children. Basmati rice with apricots or raisins & chicken is another festive specialty because its ingredients are expensive. It is also likely to appear at other festive occasions throughout the Middle East.

<http://en.wikipedia.org/wiki/Muharram>

🌐 **World Religion Day: Baha'i.** <http://www.bahai.org/>
Day to contemplate all religions as different paths to the one universal Deity of many names & aspects.

January 22

🌐 **Iroquois Mid-Winter Ceremony (JAN 22nd – JAN 30th): Iroquois.** Celebrated for continuation of all life-sustaining things; celebrated with tobacco offerings, confession of offenses, singing, drumming, dancing, name-giving, & dream-telling. Iroquois believe Awenhai/Sky Woman created the Sun, Moon, & Stars from Her body.

🌐 **Pilar Barbosa (189?–1997): Puerto Rican.** Historian & political activist. Pilar Barbosa de Rosario, historian & mentor to generations of Puerto Rican politicians, scholars, & intellectuals, was widely regarded as the conscience of the New Progressive Party. She started her career as the 1st woman to teach at the University of Puerto Rico & later created the departments of history & social studies. She became an authority on Puerto Rican political history & was named the Commonwealth's official historian in 1993. Professor Barbosa led the movement to make the Progressive Party both the party of statehood and of social justice. She died on this day at the age of 99.

January 23

🌐 **Thomas A. Dorsey (1899–1993): African American.** Gospel songwriter, blues singer, & pianist. The son of a Georgia revivalist preacher, Dorsey began his career as a

pianist, composer, & arranger of blues pieces. When he turned to composing church music, he introduced elements of the blues into his work, thereby creating the sound of contemporary gospel music. In 1932, Dorsey became musical director of Chicago's Pilgrim Baptist Church, a position he held for more than 40 years. In the same year he cofounded the National Convention of Gospel Choirs & Choruses. The most famous of Dorsey's more than 1,000 gospel songs is "Take My Hand, Precious Lord," written in 1932 after the death of his 1st wife & infant son.

🌐 **Vasant Panchami: Hindu.** Hindu celebration dedicated to Saraswati, goddess of learning.

January 24

🌐 **Arthur Alfonso Schomburg (1874–1938): Puerto Rican.** Scholar & collector. Son of a Black laundress & a German-born merchant, Schomburg left Puerto Rico at age 17 to continue his education in New York City. His growing involvement in efforts to improve conditions for Black & Latino people led him to become fascinated with African American culture, & he began collecting books, pamphlets, manuscripts, & prints documenting the history of Black people in America. His personal collection, which he amassed as a hobby, became the finest of its kind in the nation & was purchased in 1926 by the New York Public Library. The Arthur A. Schomburg Collection of Negro Literature & Art opened to the public in 1934 with Schomburg as its curator, a position he held until his death.



🌐 **Jashan-e Sadeh: Zoroastrian.** Celebration of the 100th day.

January 25

🌐 **Robert Burns (1759–1796): Scottish.** Poet. Robert Burns, the national poet of Scotland, is known throughout the world for poems, including *Comin Thro' the Rye* and *A Red, Red, Rose*. The celebration of Burns' birthday focuses around a Burns' Night Supper that features the procession into the dining area of the haggis, accompanied by playing of the bagpipes. The haggis is a sheep stomach filled with a mixture of chopped lamb and oatmeal cooked just below boiling point. It is eaten with bashed neeps, which are turnips. The preferred drink is well-aged scotch. This feast often features the reading of Burns' poem "To a Haggis." His birthday is celebrated throughout the world where there are Scottish communities, including Japan, other parts of Asia, and Russia. Although Robert Burns wrote in the Lowland Scots dialect of English, which differs markedly from standard English, readers throughout the world admire his work. *Auld Lang Syne* is sung at New Year on every continent, while *My Love is Like a Red, Red Rose* is a favorite love song.

FOOD AND DRINK

Scottish families usually buy haggis from a butcher and concentrate their efforts on homemade foods like *bashed neeps* to accompany the haggis and *shortbread* for eating after dinner.

🌿**Virginia Woolf** (1882-1941): English. Writer & critic, woman's rights activist.

🕊️**Conversion of St. Paul: Christian.** Christian observance of the experience of the Paul when he was confronted by a vision of Jesus while on his way to persecute Christians & became a leading presenter of Jesus. Observed at worship services.

January 26

🌿**Paula Ackerman** became the 1st woman appointed to serve as a Rabbi for Temple Beth Israel today in 1951.

🇦🇺**Australia Day: Australia.** In order to relieve the pressures of crowding in British prisons, the British government established a penal colony in Australia. The first prisoners arrived on this date in 1788. This has been celebrated as Foundation Day or Anniversary Day, and now as Australia Day, since 1817. The trend in Australia is to celebrate this day on the actual day of its occurrence rather than on the nearest Monday to that day. The exact day of celebration, however, is determined by each state or division within Australia rather than by the federal government and, therefore, may vary from one part of Australia to another.



FOOD AND DRINK

Among the national foods of Australia are lamb & kangaroo, which tastes a little like beef. Australians also like meat pies, often with tomato sauce. The favorite dessert in both Australia & New Zealand is *Pavlova Cake*, created to honor ballerina Anna Pavlova when she toured Australia and New Zealand. Called simply “pav” for short, it is a cream- and fruit-filled meringue looking like a ballerina’s tutu. Both Australia and New Zealand claim to have invented Pavlova, with New Zealanders having the stronger case because they can trace the recipe back to 1926, the year of Pavlova’s visit. Nonetheless, Australians still make it on birthdays & other special occasions. They also open bottles of wine. Australian wines, especially those made from Shiraz, Chardonnay, & Semillon grapes, are among the best in the world.

🇩🇪**Juan Pablo Duarte's Birthday: Dominican Republic.** This holiday marks the birthday of one of the founders of the republic.

🇮🇳**Republic Day: India.** This commemorates two events: the declaration in 1929 by the Indian National Congress to work toward independence from Great Britain and the day in 1950 when India became an independent republic.

January 27

🇺🇸**Samuel Gompers (1850–1924): Jewish American.** Labor leader. Gompers founded the 1st major labor union in the United States, the American Federation of Labor, & served as its president from 1886 to 1924.

🇦🇹**Wolfgang Amadeus Mozart (1756-1791): Austrian.** Child prodigy, prolific composer of over 600 works including *Figaro*, *Don Giovanni*, *The Magic Flute*.

January 28

🇨🇺**José Julian Martí (1853–1895): Cuban.** Poet, essayist, & patriot. A distinguished writer as well as a political leader, Martí was the chief organizer of the Cuban movement for independence from Spain. Although he lived much of his adult life in exile, in April 1895 he helped to lead a revolutionary invasion of Cuba. He was killed in battle on May 19.

🕊️**Triodion begins: Orthodox Christian.** Orthodox Christian time period leading up to Lent. The liturgy involves hymns, odes & scriptures.

January 29

🇺🇸**On this date in 1926 Violette Neatly Anderson** became the 1st female African-American lawyer admitted to practice before the U.S. Supreme Court.

🕌**Ashura: Islam.** *Ashura*, which in Arabic means “the tenth day,” has several important meanings for Muslims. When the Prophet Muhammad settled in Medina, he encountered Jewish tribes who fasted on the tenth (*ashr*) of the month to commemorate the Exodus of the Israelites from Egypt under the leadership of Moses. Muhammad, feeling a kinship to Moses, instituted a similar fast among Muslims. When Muslims were later commanded to fast during Ramadan, the fast of Ashura became voluntary. Ashura also commemorates the death of Hussein ibn Ali, grandson of Islam’s prophet Muhammad & the 3rd Imam of the Shi’a Muslims, at the Battle of Karbala on the 10th day of Muharram in the year A.D. 680 (A.H. 61). Hussein’s martyrdom at Karbala deepened the schism between the Shi’a Muslims & the Sunni Muslims, which had arisen from a dispute over who was the rightful successor to Muhammad. The schism began in A.D. 661 with the assassination of Hussein’s father, Ali ibn Abi Talib, Muhammad’s son-in-law & cousin, whom Shi’as believe was designated by Muhammad to be his successor. The Sunni Muslims, on the other hand, selected as Muhammad’s legitimate successor Ali’s uncle Abu Bakr, Muhammad’s father-in-law, who became 1st Caliph of the Umayyad regime. Although Ali ultimately became the 4th Caliph, his caliphate was overthrown by Mu’awiya, the Umayyad governor of Syria. Ali was assassinated in A.D. 661 at the hands of the Kharijites, a 3rd Muslim group that supported the Shi’a position, but believed that Ali betrayed his legacy when he did not declare war on Abu Bakr at the time he became the 1st Caliph. The Muslim community then split into 2 irreconcilable factions, with the *Shi’a Ali*, or “partisans of Ali,”

recognizing only the successors of Ali, giving them the title *Imam*, & the Sunni Muslims recognizing only the successors of Abu Bakr & the Ummayyad regime. Upon Ali's death, the Shi'a adopted Ali's eldest son, Hasan ibn Ali, as the 2nd Imam, & upon the death of Hasan in A.D. 669, his younger brother Hussein ibn Ali became the 3rd Imam. When Mu'awiya died in A.D. 680, he was succeeded to the Ummayyad caliphate by his son, Yazid. It was Yazid's army that attacked & killed Hussein ibn Ali in the Battle of Karbala on Ashura in A.D. 680. The tomb of Imam Hussein is in the Mashad al-Hussein shrine in Karbala, Iraq, a place of pilgrimage for Shi'a Muslims, who consider Karbala to be one of the holiest places in the world. Pilgrims commemorating Ashura flagellate themselves in the streets, in mourning and remorse over the martyrdom of Imam Hussein. Shi'a Muslims, also known as *Shi'ites*, make up about 10–15% of all Muslims, while approximately 85% of Muslims are Sunni. Iraq and Iran are two countries having a majority Shi'a population. Although Shi'as comprise a two-thirds majority of the Muslims in Iraq, Iraqi Shi'as were oppressed by the Sunni minority under Saddam Hussein, who saw Shi'a religious observances as a threat to his authority. The commemoration of Ashura was banned for many years under his regime. In the 2004 observance of Ashura, the 1st pilgrimage since Saddam Hussein was removed from power, over a million Shi'a pilgrims came to Karbala. The commemoration of Ashura also became a major symbol for Iran, a country that is almost entirely Shi'a, during the Islamic Revolution of 1979.

<http://en.wikipedia.org/wiki/Muharram>

January 30

Osceola (1800–1838): American Indian (Seminole). Military leader. Osceola organized the Seminoles to resist the U.S. government's takeover of their ancestral lands & led the guerrilla resistance to federal forces from 1835 until his imprisonment in 1837. He died in captivity on this date.

Granville T. Woods (1856–1910): African American. Inventor. An electrical engineer who formed his own company to make & sell electrical instruments, Woods patented more than 50 inventions, including the "Induction Telegraph System," a device for telegraphing messages from moving trains. By making it possible for engineers to communicate with trains ahead of or behind them, Woods' invention made train travel much safer. He also developed a system that freed electric railroads from the use of wires by introducing iron blocks that transmitted power through the rails. This was the prototype of the "third rail" system used in modern subways.

Franklin Delano Roosevelt (1882–1945): American. At 39 years of age his successful political career seemed over when he contracted polio & was left a paraplegic. However he overcame this disability & went on to become the 32nd President of the United States, elected to the post a record 4 times.

Barbara W. Tuchman (1912–1989): American. Historian & journalist, won 1962 Pulitzer Prize for *The Guns of August*, the 1971 Pulitzer for *Stilwell and the American Experience in China*.

King Abdullah's Birthday : Jordan. This day celebrates the birthday of His Majesty King Abdullah II bin Al Hussein (born 1962), the current King of the Hashemite Kingdom of Jordan.

January 31

William Apess (1798–1840?): American Indian (Pequot). Writer & civil rights activist. A traveling Methodist preacher, Apess published in 1829 his autobiography, *A Son of the Forest*—the 1st book written & published by a Native American. In this & subsequent writings, & in his public life as a spokesman for the Pequots, Apess challenged the racial assumptions of European Americans & asserted the rights of all people of color to be considered the equals of whites.

Ella Cara Deloria (1889–1971): American Indian (Dakota Sioux). Researcher & writer. Deloria worked as a teacher and health educator & did extensive work as a research specialist in American Indian languages & cultures. Her novel *Waterlily* is a fictional portrait of traditional Sioux life.

Jack Roosevelt (Jackie) Robinson (1919–1972): African American. An outstanding hitter & fielder known for his daring base runs, Robinson broke the color barrier in major league baseball when he signed with the Brooklyn Dodgers in 1947.

Franz Schubert (1797 - 1828): Austrian. Musician & composer [*Rosamunde*, *Ave Maria*].

Valkyries' Day: Norse. Valkyries are from Norse mythology. They were maidens who served Odin, the ruler of the Gods. They directed battles, disseminated death lots to warriors & brought the souls of slain heroes to Valhalla. The leader of the Valkyries was known as Freya or Freyja. She was the goddess of love, fertility, & beauty. She was a blonde, blue-eyed beauty & she rode the skies on a chariot drawn by cats. In Germany, she is identified with Frigg, the wife of Odin.

RECIPES

Vasilopita

This is a Greek New Years Day coffee cake served just after midnight in honor of St. Basil. Serve a slice of cake to everyone starting with the youngest person. Be sure to cut a piece for St. Basil & one for the poor. The person who gets the piece with the hidden coin will have luck for the coming year.



1 cup butter
 2 cups granulated sugar
 3 cups all-purpose flour
 6 eggs
 2 teaspoons baking powder
 1/2 teaspoon baking soda
 1 cup warm milk
 1 tablespoon lemon juice
 1/4 cup blanched slivered almonds
 2 tablespoons granulated sugar

Preheat oven to 350°F.
 Generously grease a 10-inch round cake pan.
 Cream the butter & sugar together until light & fluffy.
 Stir in the flour & mix until the mixture is mealy.
 Add the eggs one at a time, mixing well after each addition.
 In a separate bowl combine baking powder, baking soda, milk, & lemon juice. Add to mixture.
 Pour into prepared cake pan.
 Sprinkle with nuts & sugar; return to the oven & bake 40-45 minutes.
 Gently push quarter into cake. Cool 10 minutes.
 Invert cake on to platter. Serve warm.

Rosca de Reyes

1 packet yeast
 1/4 cup lukewarm milk
 3-1/2 cups all-purpose flour
 3/4 cups granulated sugar
 7 eggs
 1/3 cup melted butter
 dash of salt
 2 teaspoons cinnamon
 1/4 teaspoon aniseed
 1/2 cup raisins
 1 teaspoon vanilla
 1/4 cup chopped candied figs
 1/4 cup chopped candied orange
 1/4 cup chopped candied lemon
 1/4 cup chopped candied cherries
 1/4 cup chopped candied citron
 1 egg, beaten
 granulated sugar

Dissolve yeast in 5 tablespoons lukewarm milk & let sit 5 minutes.
 Add the flour, sugar, eggs, melted butter, the remaining milk, salt, cinnamon, aniseed, raisins & vanilla.
 Combine & knead into a ball.
 Grease dough with some butter set rest & rise until the dough doubles in size, about 2-1/2 hours.
 Grease a baking sheet.
 Punch down dough & knead until soft & pliable.
 Now form dough into a ring or "rosca".
 Insert the baby figurine.

Place the dough ring on baking sheet.
 Decorate the top with the candied fruit.
 Let the dough rise again until doubled.
 Preheat oven to 360°F.
 Brush with the beaten egg & sprinkle with granulated sugar. Bake 40 minutes or until done.

Oliebollen (Dutch doughnuts served on New Years)

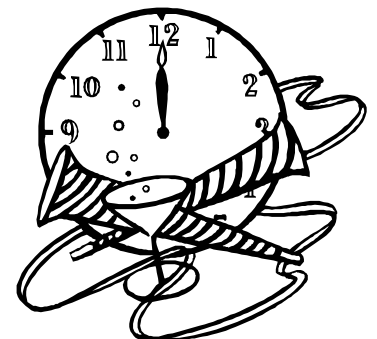
1/2 cup raisins
 1/2 cup red wine or citrus juice
 2 cups milk
 2 tablespoons granulated sugar
 1/2 teaspoon salt
 2 tablespoons butter
 1/4 cup warm water
 1 small package cake yeast
 1 egg
 1 teaspoon lemon juice
 3 cups all-purpose flour

Soak raisins in wine for 15 minutes.
 Scald milk.
 Stir in sugar, salt & butter.
 Remove from heat & let cool.
 In a large bowl add yeast to warm water & stir until the yeast dissolves.
 Add milk mixture, egg, 1/2 of the flour, lemon juice, & raisins (drain off liquid from raising first).
 Beat until smooth. Stir in remaining flour.
 Cover & let rise for 1 hour or double in size.
 Beat batter down.
 Heat oil for deep-frying.
 Deep fry spoonfuls of dough until golden brown on both sides.
 Place on paper towel to absorb any excess grease.
 Dust with powdered sugar.

Berliner Pfannkuchen

(Plum doughnuts are served piping hot on the streets of Berlin during the cold winter days around January 1st.)

1-1/2 cakes compressed yeast
 1-1/2 cups lukewarm milk
 6 cups flour
 1/2 cups granulated sugar
 2 eggs
 1 egg yolk
 grated zest of 1 lemon
 pinch of salt
 1/4 teaspoon vanilla
 1/4 cup butter, melted
 2/3 cups plum jam
 vegetable oil for deep frying



Dissolve yeast in half of the lukewarm milk.
 Sift flour into a bowl.

Make a well in the center & pour the yeast-milk mixture in the center.

Sprinkle with a little of the sugar, cover with a towel & let sit 15 minutes.

Add the remaining milk, sugar, eggs, egg yolks, lemon zest, salt, vanilla, & melted butter.

Beat until dough is controllable.

Place on a floured surface & roll to the thickness of your finger. Cut into 3-inch circle.

Put a spoonful of jam in the center & place a second circle on top.

Press the edges down firmly with damp fingers.

Put doughnuts in a warm place to rise for 10 minutes.

Heat oil for frying.

Deep fry doughnuts until golden brown all over.

Sprinkle with additional granulated sugar while still warm.

Bashed Neeps

- 1 2–3 pound rutabaga, peeled
salt to taste

- 3–4 tablespoons butter
white pepper & nutmeg to taste

Cut the rutabaga in large chunks & immerse them in a large pan of cold water with 1 teaspoon of salt. Bring to the boil & simmer until tender. This takes about 20 minutes, & you should test for doneness by prodding them with a fork. Do not overcook as the rutabaga gets soggy. Drain thoroughly. Mash with a potato masher or in a food processor. Return the mixture to the pan set on a low heat & stir for 2–3 minutes so that any excess moisture evaporates. Cut the butter in pieces & stir it in. Season well with pepper & more salt if it is needed. Add a hint of nutmeg if you like it.

Scottish Shortbread

- 2 cups all-purpose flour
- 1 tablespoon rice flour or cornstarch
- 2 sticks (8 ounces) cold, unsalted butter (do not use margarine)
- ½ cup superfine or granulated white sugar

Preheat the oven to 325°F & grease a 9-inch square pan. Combine the flour & rice flour or cornstarch in a large bowl. Cut the butter into small pieces & toss it in the flour so that all the bits are coated. Rub the butter into the flour until the mixture looks like bread crumbs. Stir in all except 2 teaspoons of the sugar. Bring the mixture together with your hands until it begins to form a crumbly dough. Press this into the prepared pan. Smooth the surface & pierce it at regular intervals with the tines of a fork. Sprinkle the reserved sugar on top & bake for 25–35 minutes or until it is dry & light gold. In Scotland shortbread is often shaped in a wooden form, then baked on a baking sheet. In either case, it is cut into serving pieces while still warm.

Kiwi Carambola And Berry Pavlova

Kiwis are a traditional part of Pavlova because they are native to Australia. Any other fruit can be substituted or added. Pineapple, banana, & passion fruit are all good. The vinegar in this recipe gives the meringue center a slightly chewy consistency.

- 3 egg whites
- ¾ cup sugar
- 1 teaspoon cornstarch
- ½ teaspoon vinegar
- 1 cup whipped cream
- 1–2 teaspoons confectioners' sugar
- 3 kiwis, peeled and sliced
- 1 ripe carambola (star-fruit), sliced
- ½ cup berries such as strawberries, raspberries, or blackberries

Preheat the oven to 225° F. Using an electric mixer, whip the egg whites until dry & frothy. Add a 1/3 of the sugar & beat until glossy. Add a second 1/3 & beat until glossy again. Add the final 1/3 & beat until satiny. Sift in the cornstarch & mix. Mix in the vinegar. Cover a baking sheet with parchment or foil or other nonstick covering. Pile the meringue on it, making a nest shape with high sides & a hollow center. Bake for an hour or until crisp & the very palest beige. Let cool in the turned-off oven. For serving, remove to a large plate. Whip the cream & add the confectioners' sugar to taste. Pile in the center of the meringue nest. Add the sliced kiwis & carambola and garnish with the berries. Place any remaining fruit attractively on the edge of the plate. Serves 6.

New Orleans King Cake

For the cake:

- 1 package active dry yeast
- 3 Tbs brown sugar
- 2/3 cup warm milk
- ½ tsp salt
- ½ tsp cinnamon
- 6 Tbs softened butter
- 1 egg, beaten
- 2 ½-3 cups all-purpose flour
a pecan half or a trinket
(traditionally a bean or a baby)

For the frosting:

- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract
- about 1 cup confectioners' sugar
- colored sprinkles

In a small bowl, mix the yeast & sugar with half a cup of warm water. Set it aside for 10 minutes; then in the bowl of a food processor or electric mixer, combine it with the warm milk, salt, cinnamon, butter, egg, & 1 cup of flour. Mix for 4–5 minutes or until it looks pale & stretchy. Cover with plastic & set in a warm spot for an hour. To



proceed, stir the dough & beat in the remaining flour half a cup at a time until it is handleable but elastic. Knead or mix for 5 minutes. Hide the trinket in it. Cover again & let rise until doubled in bulk. Divide the dough in 3 & make each piece into a 24-inch snake. Braid them together, then form into an oval ring & place on greased baking sheet. Cover & let rise until doubled in bulk—about 45 minutes. Preheat the oven to 375° F & bake the cake for 20 minutes or until it sounds hollow when rapped. Cool it completely. To make frosting, mix the lemon juice & vanilla in a bowl. Sift in confectioners' sugar a little at a time, stirring to make a smooth mixture. When it is a thick pouring consistency, drizzle it over the cake. Sprinkle with sugar or colored sprinkles, preferably purple, gold, & green. Serves 10–12.

Salad Olivier

In 19th-century Russia, when this salad was invented, it was customary to use cold roast game as the meat ingredient. Today chicken or ham is substituted. This salad appears at every festive meal in Russia, so it's not surprising that it's often called Russian salad.

- ½ roast chicken, chopped
- 2 tablespoons chopped pickled cucumbers
- 5 boiled potatoes, diced
- 4 hard-boiled eggs, chopped
- 1 4-inch piece English cucumber, finely diced
- 1 cup canned peas
- salt & pepper to taste
- 1 teaspoon dry mustard powder or hot prepared mustard
- ½ cup mayonnaise (or more to taste)
- slices of cucumber, boiled carrots, & olives for garnish

METHOD:

Mix the chicken, pickled cucumber, potatoes, eggs, & cucumber together. Stir in the peas & season with the salt & pepper. Mix the mustard & mayonnaise & stir into the other ingredients, using extra mayonnaise if necessary to hold everything together. Mound in a dish & decorate with the sliced vegetables. Serves 6.

<http://www.filipinofoods.info/page/5/>

Bukayo

- 6 cups grated coconut, chopped fine
- 3 cups sugar
- 12 tablespoons glucose

Procedure:

Mix coconut, sugar, & glucose. Cook in a copper vat, stirring constantly to avoid burning until it reaches a temperature of 95 C; or when it no longer sticks to the finger when touched. Place on a greased board. Roll into sheet 12 cm. long, & 4 cm. thick. Set aside to cool. Cut with a very sharp knife crosswise to produce bars of about 12 cm. long, 4 cm.



wide, & 1-1/2 cm. thick. Wrap each bar in a piece of wax paper & keep in well covered boxes.

<http://www.mamalisa.com/blog/?p=162>

Nanakusa-gayu

- 1 cup raw Japanese white rice
- 5 cups cold water, plus more if needed
- 1 scant teaspoon salt
- 1 package of seven herb mix (about 200 grams) [The 7 herbs can vary. The most common ones are: *Seri* (dropwort/evening primrose family), *Nazuna* (shepherd's purse/mustard family), *Gogyo* (cottonweed), *Hakobe* (chickweed), *Suzuna* (turnip), *Suzushiro* (Japanese radish), *Hotokenoz* (cotton sow thistle/mint family)]
- 2 eggs (optional)

Wash the rice, add to a sturdy pot (an earthenware pot is best), along with the salt & water.

Let it soak for 30 minutes, then cover, bring to boil over medium heat, turn heat to low & simmer for 30 to 40 minutes. Unlike regular rice, it's OK to open the lid now again to check things out, give it a stir, & add more water if needed (this really depends on how watery you like your o-kayu- for thicker 4 cups is enough, for thinner you'll need to add more water).

In the meantime, wash the 7 herbs, removing roots (except for the daikon & turnip). Chop the greens coarsely & slice the daikon & turnip thinly. After the o-kayu has cooked about 30 minutes, add the sliced roots. Taste the o-kayu & add more salt if necessary. When the rice is as soft as you like it, add the chopped herbs, give it a stir, & serve. If using the eggs, crack them & beat them lightly. When the o-kayu is cooked, after the herb roots but before the herb greens are added, pour the eggs in a thin stream into the pot, in a spiral pattern. Cover & let sit for a few minutes until the eggs are set, then stir, add the remaining herbs, & serve.

<http://www.cs.cmu.edu/~mjw/recipes/ethnic/injera.html>

Injera

Ingredients:

- ¾ cup teff, ground fine (may be done either in a flour mill or in a blender after moistening in 3 1/2 cups water)
- salt
- sunflower or other vegetable oil

1. Mix ground teff with 3 1/2 cups water & let stand in a bowl covered with a dish towel, at room temperature, until it bubbles & has turned sour. This may take as long as 3 days. The fermenting mixture should be the consistency of pancake batter (which is exactly what it is).
2. Stir in salt, a little at a time, until you can barely detect the taste.

3. Lightly oil an 8- or 9-inch skillet (or a larger one if you like). Heat over medium heat. Then proceed as you would with a normal pancake or crepe. Pour in enough batter to cover the bottom of the skillet. About 1/4 cup will make a thin pancake covering the surface of an 8-inch skillet if you spread the batter around immediately by turning & rotating the skillet in the air. This is the classic French method for very thin crepes. Injera is not supposed to be paper thin so you should use a bit more batter than you would for crepes, but less than you would for a flapjack.

4. Cook briefly, until holes form in the injera & the edges lift from the pan. Remove & let cool.

Yields 10 to 12 injeras.

http://www.whats4eats.com/recipes/r_po_dorowat.html

Doro Wat (Ethiopian chicken in red pepper paste)
Doro wat is perhaps the best known Ethiopian dish.

Yield: 4-6 servings

INGREDIENTS	PREP	AMOUNT
Chicken, legs & thighs	skinless	2 lbs
Lemon	juice only	1 each
Salt		2 t
Onions	chopped	2 each
Garlic	crushed	3 cloves
Gingerroot	peeled, chopped	1 T
Oil, butter or niter kibbeh		1/4 cup
Paprika		2 T
Berberé paste		1/4 - 1/2 cup
Red wine		1/4 cup
(If you don't have red wine, just use a full cup of water or stock.)		
Water or stock		3/4 cup
Cayenne pepper (adjust to taste)		1/2 - 2 t
Salt & pepper		to taste
Eggs (opt.)	hard boiled	4 each

METHOD

Basic Steps: Marinate → Puree → Sauté → Simmer
In a bowl, mix the chicken, lemon juice & salt & let marinate for about 30 minutes.

Puree the onions, garlic & ginger in a food processor or blender.

Heat the oil, butter or niter kibbeh in a large pot or Dutch oven. Add the paprika & stir in to color the oil & cook the spice through, about 1 minute. Do not burn. Add berberé paste & stir to cook through 2-3 minutes.

Add onion puree & sauté on medium heat until excess moisture evaporates 7 onion loses its raw aroma, about 5-10 minutes. Do not burn.

Add wine, water or stock, chicken, salt & pepper & cayenne. Stir well and bring to a slow simmer. Cover 7 let simmer from 30-60 minutes. Add water as necessary to maintain sauce consistency.

In last 10 minutes of cooking add whole hard boiled eggs. Adjust seasoning. Serve.

http://www.whats4eats.com/recipes/r_mi_niterkibbeh.html

Niter Kibbeh (Ethiopian spiced clarified butter)

Yield: About 2 cups

INGREDIENTS	PREP	AMOUNT
Butter, unsalted		1 lb
Onion	chopped	1/2 each
Garlic	crushed	2-3 cloves
Gingerroot	1/4" slices	2-3 pieces
Cardamom pods		3-4 each
Cinnamon stick		1 each
Cloves		3-4 each
Turmeric		1/2 t
Fenugreek seeds		1 t

METHOD

Basic Steps: Simmer → Pour off → Strain

Place butter to a small saucepan & melt over low heat. Add all other ingredients & simmer on lowest possible heat for about 1 hour.

Pour the clear golden liquid off the top leaving all solids in the bottom of the pan. Strain through cheesecloth if necessary. Discard solids.

Store in the refrigerator or freezer & use as needed.

<http://www.kagnewstation.com/canyouhelp/recipes.html>

Berberé (Berbere is a basic ingredient in the preparation of Ethiopian dishes.)

Utensils: large mixing bowl medium frying pan mortar & pestle covered container or jar.

Ingredients:

15 lbs red pepper (dried new Mexican chile)
5 lbs fresh garlic
5 lbs fresh ginger root
2 cups red onions (chopped)
1 lb rue seed
1 cup sacred basil
1/4 cup cloves
1/4 cup cinnamon
1/4 cup cardamom
1 cup bishop weed
1 1/2 cup salt
3 cups water

Preparation:

Remove all the seed from the red peppers & wash the peppers several times. Dry in the sun or in a moderate oven until crisp & then pound lightly. Pound the garlic, ginger, red onion, rue seed, sacred basil, & bishop weed together. Mix spice mixture with 3 cups of water, add the red pepper & blend well. Cover tightly & let stand for 12 hours. Dry the mixture again in the sun or in a moderate oven. In the meantime, heat the cinnamon, salt, cardamom, & dried cloves. Add to the above mixture & grind together to a fine powder. Store in a tight container. Use as needed.



http://www-scf.usc.edu/~dialogue/pages/events/info021705_1.html

Recipe of Asure

Ingredients	Measure	Amount
Whole wheat	1 cup	180 grams
Chickpeas	1/3 cup	60 grams
Dry white beans	1/3 cup	60 grams
Rice	2 tablespoons	15 grams
Water	12 ½ cups	2.5 kg
Dried apricots	10	60 grams
Dried figs	5	125 grams
Raisins (seedless)	½ cup	50 grams
Orange	1 small size	120 grams
Sugar	1 2/3 cups	300 grams
Rose water	2 tablespoons	20 grams
Walnuts (not crushed)	2/3 cup	65 grams
Pomegranate	½ small size	50 grams

Preparation: Wash the wheat, chickpeas & dried beans. Soak them separately overnight with beans & chickpeas in 1 cup & the whole wheat & rice mixture in 2 cups of water. Add 3 cups of water to whole wheat & 2 cups of water each to chickpeas & beans & place them individually on the burner. Cook the whole wheat until the grains are dissolved & the starch comes out. If necessary, boil the chickpeas in pressure cooker. Wash the dry fruit & soak them for 2 hours in 1½ cups of water. Mix the cooked ingredients & the dry fruit in a pan & cook for 15 minutes. Peel the orange & cut the rid, including the white inner part into 3-4 cm long & 1 cm wide strips. Divide the orange slices into 4-5 pieces. Add them all together to the mixture & cook for another 5 minutes. Add the sugar & cook for 1-2 minutes and turn off the heat. Add the rosewater & stir. Pour into dessert cups. Garnish with walnuts & pomegranate pits.

http://www.mag4you.com/recipe/recipe.asp?title=Zarda&content_id=4281&bhpc=1

Zarda

Ingredients:

Delhi rice	2 cups
Milk	4 cups
Cardamom seeds	1 tbsps
Saffron essence	½ tsp
Sugar	4 tbsps
Almonds blanched	25 gms

Pistachios blanched	25 gms
Cashewnuts	25 gms
Raisins	25 gms
Silver warq	As required
Ghee	3 tbsps
Salt	to taste

Method:

- Heat the ghee & lightly fry the raisins & keep aside.
- To the remaining ghee add the cardamom seeds, followed by the rice & fry for 5 minutes.
- Next add the milk, sugar & rose petals.
- Cook on a low flame with a coverlid till the rice is tender & almost dry.
- Now carefully stir in the nuts, raisins & saffron essence.
- Cover with lid again & cook till the rice is fully dry.
- Remove from flame & cover w/the silver warq.
- Serve hot.

HAPPY NEW YEAR



February 2006

African American History Month

African American history month posters, card sets,
African country flags:

For information about the theme for this February,
contact the association at 301-587-5900.

<http://www.hmsdc.com>

Exploring African American issues on the Web:

<http://www.kn.pacbell.com/wired/BHM/AfroAm.html>

Documents, articles, and links honoring and
acknowledging the accomplishments of African-
Americans:

http://usinfo.state.gov/scv/history_geography_and_population/population_and_diversity/african_americans/African_American_History_Month.html

14th Valentine's Day

<http://www.theholidayspot.com/valentine>

19th President's Day

<http://www.patriotism.org/presidents%5Fday/>

Cultural Competency Outreach Committee

If your clinic or agency plans to host a celebration for the month's events, please advise one of the members of the subcommittee so that we may maintain a record. In addition, we will have information regarding your event broadcast to the entire department. If you would like specific information on a given occasion please contact Minette O'Bryan.

We are confident that many of you will take the opportunity to celebrate the month's cultural events & look forward to hearing from you.

Thank you.

Outreach Sub-Committee Members:

Myriam Aragon	854-3448
Minette O'Bryan	421-9260
Lynn Neuenswander	387-7706
Isaac Jackson	387-7783
Denise Byrd	421-9390



SUPPORT OUR TROOPS!



Treats for Troops INC. 
sending soldiers packages

Send care packages to service members or register a loved one with our Foster-A-Soldier Program. Visit www.treatsfortroops.com

The Xerox Corporation is helping people across the nation express their gratitude to our troops overseas with FREE postcards created at their Let's Say Thanks website which are printed out & included in care packages sent to the troops by Give2TheTroops.org. <http://www.letsaythanks.com/Home.html>
<http://www.give2thetroops.org/>

Any Soldier, Any Marine, Any Sailor, Any Airman, Any Coast Guardsman: Send mail & care packages to soldiers who don't receive mail.

<http://www.ansoldier.com/index.cfm>,
<http://anymarine.com/>, <http://anysailor.com/>,
<http://anyairman.com/>, <http://anycoastguard.com/>

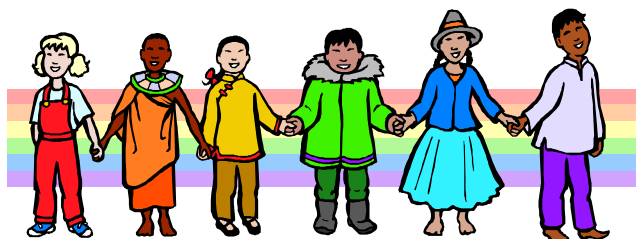
Veterans and Families: Sacramento, California-based organization is building support services for returning veterans. <http://www.veteransandfamilies.org/home.html>

Wounded Warriors: Donates everything from phone cards to TVs to wounded soldiers. <http://www.woundedwarriorhospitalfund.org/>



Definitions of Ethnicity

- **discrimination:** Denying access of goods, resources, and services to members of a particular social group. Discrimination is an action that typically results from prejudice. Discrimination can occur at the individual, organizational, or societal level.
- **ethnicity:** Refers to membership of in a culturally- and geographically defined group that may share language, cultural practises, religion, or other aspects. Examples include Italian, Kurdish, and Bantu. People of the same race can be of different ethnicities. For example, Asians can be Japanese, Korean, Thai, or many other ethnicities.
- **gender:** Refers to a person's identity as a male or female
- **institutional discrimination:** Discrimination that occurs through educational systems, legal systems, or other public systems or services. Denying people the right to vote is a form of institutional discrimination. See also "ism."
- **-ism (racism, sexism, etc.):** The use of social power to systematically deny people access to resources, rights, respect, and representation on the basis of gender, race, age, income, or membership in any other group. Isms are based on the false belief that one group is superior to another group.
- **nationality:** Refers to country of citizenship. However, nationality is sometimes used to mean ethnicity, even though the two are technically different. People of one ethnic group do not necessarily live in one geographic location (such as an Italian living in Italy and an Italian-American living in the US). Because of this, ethnicity and nationality are not always the same.
- **prejudice:** A negative attitude toward a socially defined group and toward any person perceived to be a member of the group. Like biases, prejudice is a belief.
- **race:** Refers to physical differences of skin tone, hair texture, and facial features. Because people can be grouped by any number of physical differences (height, foot size, resistance to certain diseases), race is an artificial way to categorize people. Nonetheless, race remains an important concept because of the social and political issues that arise from it.
- **socioeconomic status:** Refers to differences in wealth, income, other economic resources, and social ranking.
- **stereotype:** an exaggerated belief, image or distorted truth about a person or group - a generalization that allows for little or no individual differences or social variation.



Human Rights and Discrimination

What is the Human Right to Freedom from Discrimination?

Every woman, man, youth and child has the human right to freedom from discrimination based on gender, race, ethnicity, sexual orientation or any other status, and to other fundamental human rights dependent upon realization of the human right to freedom from discrimination. These human rights are explicitly set out in the Universal Declaration of Human Rights, the International Covenants, the Convention on the Rights of the Child and other widely adhered to international human rights treaties and Declarations -- powerful tools that must be put to use in efforts to eliminate all forms of discrimination.

The Human Rights at Issue

The Human Right to Freedom from Discrimination entitles every woman, man, youth and child to fundamental human rights including:

The human right to freedom from any distinction, exclusion, restriction or preference based on gender, race, colour, national or ethnic origin, language, religion, political or other opinion, age, or any other status, which has the purpose or effect of impairing the enjoyment of human rights and fundamental freedoms

The human right to equality between men and women and to equal partnership in the family and society

The human right to equality between the boy-child and girl-child in all areas, including education, health, nutrition, and employment

The human right of all persons to freedom from discrimination in all areas and levels of education, and to equal access to continuing education and vocational training.

The human right to work and receive wages that contribute to an adequate standard of living

The human right to equal remuneration for equal work

The human right to the highest attainable standard of health

The human right to live in a safe and healthy environment

The human right to participate in shaping decisions and policies affecting one's community, on the local, national and international level

For more information, please contact PDHRE:

The People's Movement for Human Rights Education (PDHRE) / NY Office
Shulamith Koenig / Executive Director
526 West 111th Street, New York, NY 10025
tel: 212.749-3156; fax: 212.666-6325;
[e-mail: pdhre@igc.org](mailto:pdhre@igc.org)

